THE TWELVE STEPS OF NARCOTICS ANONYMOUS

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible.

- We admitted that we were powerless over our addiction, that our lives had become unmanageable.
- We came to believe that a Power greater than ourselves could restore us to sanity.
- 3 We made a decision to turn our will and our lives over to the care of God as we understood Him.
- We made a searching and fearless moral inventory of ourselves.
- We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6 We were entirely ready to have God remove all these defects of
- 7 We humbly asked Him to remove our shortcomings.
- 8 We made a list of all persons we had harmed, and became willing to make amends to them all.
- 9 We made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10 We continued to take personal inventory and when we were wrong promptly admitted it.
- We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12 Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

Basic Text, Chapter FiveWhat Can I Do Pages 44-45

A meeting a day for at least the first ninety days of recovery is a good idea. There is a special feeling for addicts when they discover that there are other people who share their difficulties, past and present. At first we can do little more than attend meetings. Probably we cannot remember a single word, persons or thought form out first meeting. In time, we can relax and enjoy the atmosphere of recovery. Meetings strengthen our recovery. We may be scared at first because we don't know anyone. Some of us think that we don't need meetings. However, when we hurt, we go to a meeting and find relief. Meetings keep us in touch with where we've been. but more importantly with where we could go in out recovery. As we go to meetings regularly, we learn the value of talking with other addict who share our problems and goals. We have to open up and accept the love and understanding that we need in order to change. When we become acquainted with the Fellowship and its principles and begin to put them into action, we start to grow. We apply effort to our most obvious problems and let go of the rest. We do the job at hand, and as we progress, new opportunity for improvement present themselves.

Our new friends in the Fellowship will help us. Our common effort is recovery. Clean, we face the world together. We no longer have to feel backed into a corner, at the mercy of events and circumstances. It makes a difference to have friends who care if we hurt. We find our place in the Fellowship, and we join a group whose meetings help us in our recovery. We have been untrustworthy for so long that most of our friends and families will doubt our disease and the recovery process. At meetings we can share with other addicts, ask questions and learn about our disease. We learn new ways to live. We are no linger limited to our old ideas.

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Mile High Area Meeting List

Last Updated August 26 2004 Please Visit the Area Web Site www.nacolorado.org/denver

To Talk To a Recoveing Addict **Denver Metro Help & Info:** (303) 832-DRUG (3784)

Boulder Help & Info: (303) 412-2884

Colorado Springs Help & Info: (719) 637-1580

Ft. Collins, Estes Park, & Loveland: (970) 282-8079

Greeley, Ft. Morgan, & Sterling: (970) 346-6933

Western Mountains Help & Info: (800) 912-4597

Grand Junction and Western Slope

(970) 252-2271

Sunaay

9:00	suNdAy school ST, NS - Book Store 3601 S Sherman St.
9:30 AM	A Wake Up Call O, D NS 107 Acoma St
11:00 am	Living Proof - O, D, S - 1395 So Sheridan Blvd Unit G.
2:00 pm	Step Into It - O, D, S, MHI - 1395 So Sheridan Blvd Unit G.
6:00 pm	NA Matinee - O, D, S - 1395 So Sheridan Blvd Unit G.
6:00 pm	Buck Naked Recovery - O, D, NS, WA - 809 S. Washington
7:00 pm	Clean & Serene - O, D, NS, WA, CC, LS - 6750 Carr
8:00 pm	Ain't Dead Yet - O, D, NS, WA - 8085 E. Hampden
9:00 pm	Recovering In Denver - O, D, S 1395 So Sheridan Blvd
	Unit G.
10:30 pm	Blues Breakers - O. D. S - 1395 So Sheridan Blvd Unit G.

Monday Earlybirds - O, D, NS 7100 West Mississippi (Church)

Noon	This Ain't Therapy - O, D, S - 1395 So Sheridan Blvd Unit G.
Noon	Bring Your Own Lunch - O, D, NS, WA - 5400 S Yosemite
2:00 pm	Step Into It - O, D, S - 1395 So Sheridan Blvd Unit G.
5:45 pm	Continued Deflation - C, D, ST, TS, NS, WA - 809 S. Washington
6:00 pm	NA Matinee - O, D, S, IP - 1395 So Sheridan Blvd Unit G.
6:00 pm	Take The Highway - 2290 S. Clayton St St. Mary's Church
7:30 pm	Southern Serenity - O, TS, NS, WA - 11805 Pine Dr, Parker (1/2
	mile S. of Hilltop)(Rm 112 E. entrance)
7:30 pm	Golden Group - C, D, NS, WA - Church on the S. W. Corner of 13t
	& Arapahoe, Golden
8:00 pm	Surrender To Win - O, D, BK - 3315 Gilpin
8:00 pm	Ain't Dead Yet - ST, NS, WA - 8085 E. Hampden
8:30 pm	Hope Without Dope - C, D, S, WA - 3355 S. Wadsworth
10:30pm	Blues Breakers - O, D, S - 1395 So Sheridan Blvd Unit G.

Tuesday

7:00 am	Earlybirds - O, D, NS 7100 West Mississippi (Church)
Noon	This Ain't Therapy - O, D, S - 1395 So Sheridan Blvd Unit G.
Noon	Bring Your Own Lunch - O, D, NS, WA - 5400 S Yosemite
5:45 pm	Don't Know Diddley - O, D, NS - 11th & Fillmore
6:00 pm	NA Matinee - O, D, S - 1395 So Sheridan Blvd Unit G.
6:00 pm	Something Different O, D - 12200 W 38th (church) SE Entr -
	Wheatridge
6:30 - 8:00	PM - NA Writing Session C, NS, WA - 3601 W. Belleview - Littleton
	- Step Writing and Discussion
6:15	pm Just Say NA - 0, D, S, WA - 12795 Hwy 285 (Club), Conifer
7:00 pm	Turning Point - O, D, NS, WA - 1280 Vine St.
7:30 pm	Spoons are for Coffee - O, S - 1395 So Sheridan Blvd Unit G.
7:30 pm	Humble Lights - O, D, NS, WA - 11202 W. Jewell
7:30 pm	Free At Last - O, D, NS - 3585 W. 76th (church)
7:30 pm	Chair's Choice - O, D, NS - 1450 Airport Rd. Aurora
8:00 pm	Gimme The Text - O, D, NS, ST, WA - 9th & Emerson

10:30 pm Blues Breakers - O, D, S - 1395 So Sheridan Blvd Unit G.

Wednesday

7:00 am	Earlybirds - O, D, NS 7100 West Mississippi (Church)
Noon	This Ain't Therapy - O, D, S - 1395 So Sheridan Blvd Unit G.
Noon	Bring Your Own Lunch - O, D, NS, WA - 5400 S Yosemite
5:45 pm	Peace Out West - O, D, NS - Women's Meeting -
	Babysitter Available 17701 W. 16th at S. Golden Rd.
6:00 pm	NA Matinee - O, D, S - 1395 So Sheridan Blvd Unit G.
7:00 pm	Ray of Light - O, D, Gay Friendly , NS - 1050 Broadway
7:00 pm	Just Can't Miss It - O, D, NS, CC - 6750 Carr - rm 206
8:00 pm	Ain't Dead Yet - O, D, NS, WA - 8085 E. Hampden
8:00 pm	Hope Without Dope - C, D, S, WA - 3355 S. Wadsworth #125 (club)
8:00 pm	Surrender To Win - O, D - 3315 Gilpin
8:00 pm	Gimme Three Steps - O, D, NS, ST, WA - 9th - Emerson
10:30 pm	Blues Breakers - SP, O, S - 1395 So Sheridan Blvd Unit G.

Thursday

Earlybirds - O, D, NS 7100 West Mississippi (Church)

Noon T	his Ain't Therapy - O, D, S, WA 1395 So Sheridan Blvd
	Unit G.
Noon	Bring Your Own Lunch - O, D, NS, WA - 5400 S Yosemite
5:30 pm -	BYOG - O, D, NS, WA - Bookstore 3601 South Sherman St. Englewood,
	(0
6:00 pm	NA Matinee - ST, TR, S - 1395 So Sheridan Blvd Unit G.
6:30 pm	Sought Through Prayer & Meditation O, MED, NS, 11th &
	Fillmore,Church, NE Corner - No Children - No Admit from 6:45 -
	7:15
7:30 pm	Southern Serenity - O, D, NS, WA - 11805 Pine Dr. Parker, (1/2 mi.

7:30 pm	Southern Serenity - O, D, NS, WA - 11805 Pine Dr. Parker, (1/2 mi.
	S. of Hilltop) (rm. 112 east entrance)

7:30 pm	Keep It Simple - U, D, S, WA, lag - 1395 5 Sheridan Unit G
7:30pm	Natural High - O - D, SP, Topic, NS, WA - 90 min. 8817 S. Broadway,
	Highlands Ranch

7:30 pm	Keep It Simple - O, D, S, WA, Tag - 1395 So Sheridan Blvd Unit G.
7.30 nm	lust Say NA - O. D. S. WA - 12795 Hury 285 (Club). Conifer

7:30 pm	Just Say NA - O, D, S, WA - 12795 Hwy 285 (Club), Co	onifer
7.20 nm	Walcome Home O D NC 2025 Vinling /two story	ouco in

7:30 pm Welcome Home - O, D, NS, - 2025 Kipling (two story house in back of parking lot)

7:30 pm Chair's Choice - O, D, NS - 1450 Airport Blvd.

7:30 pm Young At Heart - O, D, NS, WA, YOUTH - 1630 E. 14th Ave. church

2:00 pm Recovering In Denver - O, D, NS - 1395 So Sheridan Blvd Unit G.

10:30 pm Blues Breakers - O, D, S - 1395 So Sheridan Blvd Unit G.

Friday

7:00 am	Earlybirds - O, D, NS 7100 West Mississippi (Church)
Noon	This Ain't Therapy - O, D, S - 1395 So Sheridan Blvd Unit G.
Noon	Bring Your Own Lunch - O, D, NS, WA - 5400 S Yosemite

2:00 pm	Step Into It - O, D, S, MHI - 1395 So Sheridan Blvd Unit G.
5:45 pm	T.G.I.F C, D, NS, WA - 1280 Vine (church)
5:45 pm	Unconscious Meeting - O, D, NS - 11th & Fillmore
6:00 pm	NA Matinee - O, D, BK, ST,1-2-3, S, WA 1395 So Sheridan Blvd
•	Unit G.
7:15 pm	Clean Serene Speaker Meeting - SP, NS, WA - 6750 Carr Arvad
7:30 pm	Finding The Way - O, D, NS, WA 3400 Lutheran Pkwy Hsptl,
•	Treatment Center
8:00 pm	Surrender To Win - O, D, NS - 3315 Gilpin 75min
8:00 pm	Ain't Dead Yet - O, D, NS, WA - 8085 E. Hampden
8:00 pm	NAFL - O, D, NS - 3500 S. Logan
8:00 pm	Anonymous Group - O, D, NS, WA, - Hwy 287 &10th Ave.,
•	Broomfield, (just east of church)
9:00 pm	Recovering In Denver - O, D, S, WA 1395 So Sheridan Blvd
•	Unit G.
10:30 pm	Blues Breakers - O, D, S - 1395 So Sheridan Blvd Unit G.

Saturday

7:00 am	Earlybirds - O, D, NS 7100 West Mississippi (Church)
10:30 am	Primary Purpose - O, D, NS - 11th & Fillmore
Noon	HOW - O, D, S - 1395 So Sheridan Blvd Unit G. #100 -
	Lakewood
2:00 pm	Step Into It - O, D, S, MHI - 1395 So Sheridan Blvd Unit G.
3:00 pm	A Woman's Touch - OD, NS 1450 Airport Road, Aurora
6:00 pm	NA Matinee - O, D, S - 1395 So Sheridan Blvd Unit G.
7:00 pm	Ray of Light - O, D, Gay Friendly, NS - 1050 Broadway
7:15 pm	Uptown Steppers - O, D, NS - 3315 Gilpin
8:00 pm	Saturday Night Live - O, D, NS, WA - 3500 S. Logan church
8:00 pm	Ain't Dead Yet - O, D, NS, WA - 8085 E. Hampden
9:00 pm	Recovering In Denver - O, D, NS, 1395 So Sheridan Blvd
	Unit G.
10.30 nm	Rlugs Rrankers - O. D. S 1395 So Sharidan Rlyd Unit G

Meeting List Key BK = Book Study BEG = Beginners Meeting Youth = Young People Meeting WA = Wheelchair Accessible C = Closed Meeting for Addicts Only TS = Text Study 0 = Open Meeting LS = Literature Study D = Discussion S = Smoking H&I = Hospitals & Institutions NS = Non Smoking SP = Speaker Meeting TR = Tradition Study CC = Child Care MHI = Mental Health Issues ST = Step Study